

ABSTRACT OF THE DISCLOSURE

Methods of improving the sun protection factor of human skin and methods of inhibiting the aging of human skin via the oral administration of a composition comprising (a) β -carotene, (b) lutein and (c) lycopene, in a ratio by weight (a):(b):(c) of from 1:0.5:0.5 to 1:1.5:1.5 are described.